HEALTH EQUITY BRIEF

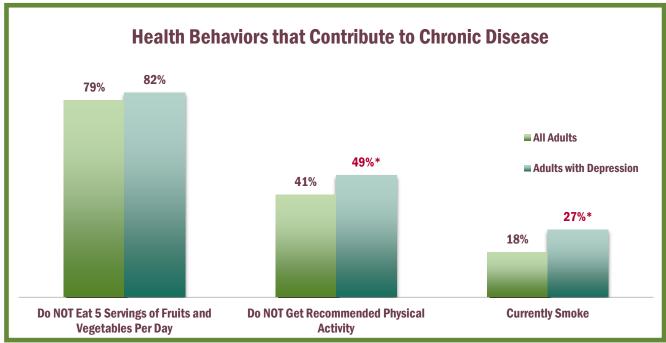
Chronic Disease and Depression

Depression and chronic disease are closely related. People with depression have greater rates of both chronic disease and their associated behaviors, and those with at least one chronic disease have increased rates of depression.¹ This association between depression and chronic disease is complex, and appears to be due to depressive disorders leading to and worsening the severity of chronic disease, and to chronic disease worsening the symptoms of depression.² The interrelatedness of depression and chronic disease has implications for treating and managing both conditions.

3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. This data brief compares these measures by all Vermont adults and adults diagnosed with depression.

3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three behaviors that contribute to the development and severity of chronic disease. People who have been diagnosed with depression are more likely to smoke and to not get the recommended amount of physical activity. One in four of those diagnosed with depression do not get any leisure time physical activity (27%).



(*) notes statistical difference

*Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

Data Source: 2013 and 2014 BRFSS



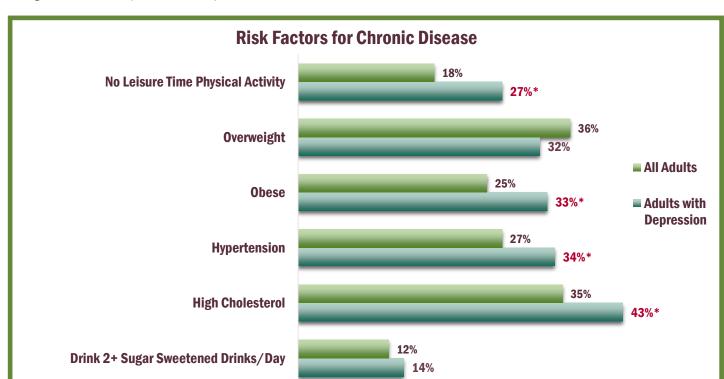
LEAD TO 4 CHRONIC DISEASES

Lung disease, diabetes, cancer and cardiovascular disease affect many Vermonters.

- Those diagnosed with depression are nearly twice as likely to have also been diagnosed with asthma (20%) or COPD (12%).
- 11% have been diagnosed with diabetes and another 9% have been diagnosed with pre-diabetes.
- One-third of those who have been diagnosed with depression are obese (33% vs. 25% of all adults), and also more likely to have been diagnosed with hypertension (34% vs. 27%) or high cholesterol (43% vs. 35%).

| Chronic Disease Diagnosis | All Adults | Adults with Depression |
|----------------------------|------------|---------------------------|
| Lung Disease (Asthma/COPD) | 15% | 26%* |
| Diabetes and Pre-Diabetes | 13% | 18%* |
| Cardiovascular Disease | 7% | 10%* |
| Cancer | 7% | 9% |

(*) notes statistical difference



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Data Source: 2013 and 2014 BRFSS

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For more information on the data presented here, contact Jennifer Hicks at jennifer.hicks@vermont.gov

- 1. J. Katon, W. (2011). Epidemiology and treatment of depression in patients with chronic medical illness. Dialogues in Clinical Neuroscience, 13(1), 7–23.
- 2. Chapman DP, Perry GS, Strine TW. The vital link between chronic disease and depressive disorders. Prev Chronic Dis [serial online] 2005 Ja n [date cited]. Available from: URL: http://www.cdc.gov/pcd/issues/2005/jan/04 0066.htm.

